

Today is July 13, 2016 - R. Kay Clark - Journal, April 17-30, 2014

I finally learned what I had been experiencing had a name, it's called Electromagnetic Hypersensitivity. I began to keep a journal of how it was affecting me and my life. Some days I want to die it hurts so bad and there's no getting away from it. It being the burning, shocking, prickly feeling, burning/itching eyes and other painful symptoms. There is profanity but those are times when I could not stand the pain and torture. My journaling continues today and the EMHS gets worse and worse.

My journal is handwritten and transcribed later as I was able to tolerate sitting here at my computer.

I hope at least some of this gets read and something happens that 5G either is not allowed to happen or is very strictly controlled. I am not financially equipped to do more than I've done to protect myself from EMFs and the protection I've tried is not working.

### Start of journal:

*April 17, 2014, 10:31 a.m.* - I'm feeling kind of punk today. I hurt when I walk up the steps and I have the humming in my right ear. I'm tired. It's going to rain soon. Look for:

- copper knitting needles and crochet hooks
- copper chain
- moccasins.

I don't know but I kind of feel nauseas but not quite. UPS is to deliver the copper bracelets today and the moccasins tomorrow. I'm being shocked a little bit by my Kindle and my mouse. My nose is starting to itch but I'm sitting at my computer monitor and that's usually when it happens. Actually it happens anywhere, the nose itching.

5:56 p.m. - It's been a crappy day. Copper bracelets came. I put them on right away but it didn't make any difference. I've had the feeling all day that feels like tiny little wires poking into my skin. Sometimes the feeling feels like it comes and goes and other times when it starts it feels like it will never stop. My nose has ran today. I've sneezed. In fact I've sneezed every day for a long time now.

Around 8:00 p.m. - ordered pizza earlier. I don't have food except peanut butter and rice drink and I'm hungry. The humming sound in my right ear is so annoying. (Book - *Riding the Waves: Diagnosing, Treating and Living with EMF Sensitivity*, Maxim, Elizabeth (2010-07-27). Kindle Edition.) At this point is when I began learning I had become hyper sensitive to electromagnetic fields and after

reading Maxim's book I ordered the copper bracelets.)

*April 18, 2014, 11:46 a.m.* - I feel really good today. Yesterday I was miserable all day long. When I took all the bracelets and watch off, my wrists itched and they were very red and of course green. I washed them really good and they felt better. Today I have only one bracelet on. Started yesterday, I made some changes -- I put a six-plug wall plug in the living room electrical outlet where there was a power strip. I took that power strip and put it in the office. There were six plug-ins in that strip where the one that I had been using had twice that many plug-ins and six were empty. I read somewhere that power leaks from power strips when some of the plug-ins weren't used. Then in the kitchen I removed that power strip and plugged the grow light directly into the electrical outlet like it had been prior. The only reason I used a power strip was because I could turn the light off at the strip. The strip had five or six plug-ins so that left five opened maybe leaking electricity. This morning I was bothered a little bit by my mouse.

*April 19, 2014, 11:02 a.m.* - My head started hurting yesterday, late afternoon and today it still hurts. Not really a headache. It might be from my back (pinched nerve) because if I tilt my head to the left and stretch my neck that makes it hurt down in the upper part of my back. I think I need the electric company out here to remove the thermostat. (It's a programmable thermostat and the electric company can manipulate the temperature from their facility. It's been installed since August 2009.) Asking to have it removed because as I'm sitting here knitting I get the stinging, prickly feeling in my arms and hands but not constant. Except for getting a new bed, I've run out of things to change to make a difference in the EMS symptoms I'm experiencing. It's wearing me down. It could be sitting in this recliner causes the symptoms because the fabric is synthetic and there's metal also. I think all this money I'm having to spend on things to bring my living more comfortable health-wise should be tax deductible. I know I'm sensitive to electromagnetic frequencies and I don't need a doctor to tell me so. Anyway, what I'm experiencing hasn't been recognized as a health issue but I will goddamn say it is, I just wouldn't go to a doctor about it. Twice I've had vaginal break-through bleeding since -- well, in the last 12 months. I have insomnia and the last few nights I haven't been able to sleep in my bed because of the shocking, prickly sensations. Right now, today, and for the past couple of days there has been loud humming in my right ear, ringing and hissing in both ears and diminished hearing. I need to get groceries (more protein). I hate grocery shopping. Anyway, I'm down to rice and beans and peanut butter.

*April 20, 2014, 4:46 a.m.* - I slept okay last night, on the couch again. I'm so leery of going back to my bed. I should try taking the headboard off.

*April 21, 2014,* - I finally ended up sleeping in my recliner last night and I guess I slept very good because I didn't wake up until around 5:30 a.m. P wanted attention! I should go get groceries today because I have no food! I was going to

have the electric company come out and take out the programmable thermostat they installed in 2009 but changed my mind. I'll wait until someone is here to help me move the couch and I'll move the recliner to the corner where the couch is now. M messaged me and she's going to call today. *By the Weather Underground records it rained/thunderstorm today or rain/thunderstorm was predicted.*

*April 22, 2014, 4:44 a.m.* - I was tired and sleepy and I got ready to go to sleep. I started in my recliner and not long after I was settle the creepy crawly sensation started in my hands and arms mostly. So I got up and moved over to the couch -- same thing. Now sometimes when I get the shock feeling that spot where it happens hurts for a bit afterwards. So, finally I went outside and stood on the patio. I did put my feet in the grass for a second or so but not being sure what was on the ground I didn't stay in the grass long. When I came back in and laid down on the couch I was finally able to go to sleep. (after 10:00 p.m.) Kind of seems like I had a couple prickly feelings but now I'm not sure. My hair is a mess and I wish I would cut it myself. L called yesterday and my car needs a new transmission and not worth the money. I've got to call for a cab and go get groceries today. (It was around this time I was reading the book, *Earthing: The Most Important Health Discovery Ever?*, by Clinton Ober, Stephen T. Sinatra, Martin Zucker.)

*April 23, 2014, 10:41 a.m.* - The last couple of days I had this roaring in my head and my blood pressure was higher than is normal for me and I lost hearing in my right ear. Today the roaring is gone. It's raining. I feel pretty good today so far. I wanted to go out and sit on the patio and put my feet in the grass but it's been raining. Maybe it will stop and I can still do it. I'm being shocked (burned) by my mouse -- all day today -- when I was at my computer, keyboard, too. Guy working on gas meter - 1 p.m. or thereabout, says regular maintenance. (I questioned that later). Terrible, miserable evening. *By the Weather Underground records it rained/thunderstorm today or rain/thunderstorm was predicted.*

*April 24, 2014, 2:00 a.m.* - I was awake earlier, around 9:00 p.m., got up, went to the bathroom. I tried to go back to sleep but wasn't able to. Played Solitaire for awhile, laid back down. Not sure I really went back to sleep. The shocking or stinging started. So, before it really started pissing me off I just got up.

2:58 a.m. - I'm sitting here at the kitchen table and I was feeling miserable. I'm trying to read "Earthing". My eyes were feeling itchy and of course my arms and hands. I looked at my Kindle, which I'm sitting right in front of, a tiny bit more than an arm's length away. I wondered, even though it's not turned on, could it be causing some of this (my EMS). So, I laid it screen down on a folded washcloth and at least the shitty feeling to my eyes and face stopped immediately. I need to search for protective screens for Kindle, mouse and keyboard.

*Some Notes: ESD = electrostatic discharge (computer towers are grounded, so why do*

*I need to wrap my computer tower with the sheeting? (Bedroom, in the book, registered highest, EMF) Society for Barefoot Living. These Notes are from reading Earthing.)* I'm still feeling some symptoms but nothing like before I turned my Kindle over. So just now I turned it completely off.

Around 3:30 a.m. Okay! It's 3:43 a.m. and all the itchy, prickly and shocking symptoms have stopped. My Kindle is completely off and is screen down. (I question that that made the difference.)

**Note:** At the moment I don't recall where I read this: (*grounding sheet - primitive Metalized duct tape/used for furnace ducting, laid tape on bed to form a crude kind of grid, alligator clip attached to end (one) of duct tape, connected a wire to it, ran wire out window, fastened to ground rod.*) This was just part of my journaling and maybe later I'll be able to recall where it came from, possibly from the book, "Earthing". Along with this note I've noted ESD (site online). Note sure what that means.

*April 24, 2014, 5:45 a.m.* - I just got up after going back and laying down around -- maybe it was between 3:00 and 4:00 a.m. Never did go to sleep and I am so tired and I'm weary from this (these) horrible sensations. I would try the duct tape thing but I don't know any way to ground. Since the symptoms are worse now at the south side of the living room, actually the southeast corner, I wonder if the MGE guy put in a smart meter instead of doing maintenance as he said he was doing. It really is coincidental that the sensations or symptoms started again at the time of MGE visit.

I have the watch on w/the stainless steal back and band, a copper bracelet and they are doing absolutely nothing. In fact, twice now I've felt little sharp (shocks) from both of them. When I first read about the copper bracelets and how they worked for the author, then I bought three, I already had one. I thought it was great how they worked for her and when I first put the one on that I already had, I thought, wow, maybe this will work for me, too, but NOT! I'm really tired and when I first sat down here, I'm at the kitchen table, I even felt a little sick to my stomach. I'm tired of reading now.

My Kindle is shut down, my computer and peripherals are completely off, even completely unplugged and my cell is completely turned off as is the TV, etc. and unplugged. Still I'm being shocked and that creepy feeling of stuff creeping along my skin, also being shocked and tingly, prickly feeling. I'm miserable and tired. (Yesterday was such a pleasant day with virtually no symptoms) and now it sucks! I wish I could go to sleep. It's going to rain/storm.

I can't sleep in my bed, nor on the couch or in the recliner without getting shocked.

About 20 minutes till 8:00 a.m. I sat in my recliner and tried watching TV and I was so miserable and so tired. I shut off the TV, unplugged everything, pulled

the thermostat out of the wall mount. Nothing helped. I tried sleeping and maybe I went to sleep, I don't know. The symptoms were still happening when I got out of my recliner at about 9:00 a.m. I went to the bathroom and then outside to check what MGE had done with the meter. Its dials not digital if that means anything.

I looked at the tenant's side and the guttering is leaking at the end of the gutter, not the downspout. (I went over to look at the gas meter on that side and that gas meter doesn't have the red screw-like things on the meter like the new meter the gas service guy installed on my gas meter. (That's a lot of meters!) I don't know what that means.

It's been raining ever since before 7:00 a.m. I don't recall ever feeling so horrible "while" it's raining. It's usually a day or a few days before it rains I feel bad. I keep smelling something that smells like liquid laundry detergent and it's rather strong. Sometimes I think there's something really wrong with this new sewer system. That smell and no sleep and the shocking and prickly, itchy feeling is making me nauseous.

You know, I sit here pretty much minding my own business and all this fucking shit is happening to me. And like caring for H. and those fucking B.s harassing me while I'm there and the shit they did to me while I was caring for W, et al. And all the other shit people have done to me or against me. It sucks! Then feeling that no one, I mean no one, cares about me.

I can't believe how good I felt yesterday and today is horrible.

I ordered the body bands from [www.earthinginstitute.com](http://www.earthinginstitute.com) today. I don't know when they'll be delivered.

I went outside earlier to look at the gas meter. Then later I went online to see if gas meters can have Smart Meters and sure enough there was the exact meter that's now installed at my home. I didn't receive "anything" asking my permission or allowing me to opt-out. I've not only been sick all day and most of last night but now I'm fucking furious.

**Note:** Environmental electric fields

I went to bed around 7:00 p.m. I sure wished I could have gone to sleep but about 7:25 p.m. the stinging, prickly, shocking feelings started. I had removed the headboard, which was metal. There was the Himalayan salt lamp, the sound machine, two lamps and the bug deterrent plug-in in the bedroom, if that made the difference.

I am so tired. Also, it feels like no one cares. I called R and I wasn't surprised no one answered, nor that no call back. Didn't hear back from T after sending him two email, one a thank you and the other asking for help with a letter I was writing.

That roaring sound in my head is back.

While sitting in the living room before going to bed because I couldn't stand it any longer in the living room I was being shocked like crazy. It's been bad before but not this bad.

There is just really no place now I can go inside here where I can get away from this horrible thing that is happening to my body. Oh, yeah, while I was sitting in my recliner in the living room I had this horrible pain in my left side of my head.

*For years I have experienced certain shocking and burning like symptoms and only this year, 2014, did I finally think I've learned what is causing those-these symptoms.*

*It was April, I came across the book, Riding the Waves: Diagnosing, Treating EMF Sensitivity by Elizabeth Maxim, Phd. Although reading about what worked for her did not work for me, I did learn of other books available about EMF (electromagnetic frequencies/fields). I believe it was from Maxim's book I learned about the book, Dirty Electricity, by Samuel Milham, MD MPH. If it wasn't Maxim's book I learned about Milham's, her book was the beginning of my education about electromagnetic frequencies (EMF).*

*I believe it was around or 2007 I began experiencing EMF symptoms. I had no idea what was happening to me. I didn't know who to ask about my symptoms. I was embarrassed about it, also.*

*Since I've been reading about electromagnetic frequencies, electromagnetic sensitivity and electromagnetic hyper-sensitivity, I believe that's what I'm experiencing. I've tried some solutions, of which none have worked. Maybe they have helped to lessen the sensitivities a bit.*

*My biggest problem now is using my Kindle Fire, my computer mouse and keyboard. When I use any of those three devices I get shocked or burning-like sensations.*

*I have unplugged my wired modem, changed my wireless mouse to a wired mouse and making those changes didn't make any difference.*

*I had begun searching online about what I was experiencing but never entered the right search information until April, this year, and I found lots of links about electromagnetic frequencies and sensitivities.*

*Coupled with the EMF sensitivity, my symptoms get worse around the time the weather is about to change or during inclement weather.*

*During my learning process about electromagnetic frequencies and radio frequencies I came across geoengineering. As I started reading about geoengineering I began to wonder if I'm also sensitive to the chemicals being sprayed into our atmosphere. (Miserable . . .*

*Is that possible, that I'm sensitive to EMF/RF and that the chemicals in the atmosphere from geoengineering or climate engineering compounds my sensitivities?*

April 25, 2014, 8:40 a.m. - I can't believe I'm still here! (Maybe a little extreme.) It rained a lot yesterday and usually during the rainy time I feel pretty good. But yesterday I felt all the symptoms I've described before and not having adequate sleep the night before, I was totally exhausted. I had washed three loads of laundry, which included bedding. Before I got ready to make my bed, I took the headboard off. Then made the bed and was really looking forward to crawling in between the nice clean sheets and falling asleep. -- Didn't happen. I was in bed about 25 minutes and the symptoms started to rev up. (Most of the day the salt lamp was on and still on at bedtime.) Anyway, I was fairly certain the symptoms weren't going to go away. I got up, took the mattress off the futon and proceeded to make my bed on the mattress on the floor. (I had already unplugged my computer, etc.)

Okay. Bed on the futon mattress wasn't a good idea. (futon frame = metal) I think I partially drifted to sleep but when I woke I felt like my head to my waist was wrapped in a heavy comforter. So, not only was I way too warm, I felt I was being smothered. I got up and was thinking, "I'm really out of choices for a place to sleep up here or the next level down. (I was in my office, which is upstairs.) So, I grabbed up my bedding and went downstairs to the TV room, which used to be my office. I made my bed on the couch and wasn't long and I was feeling the symptoms revving up again. I think I may have slept a little bit but I'm sure not restful sleep. Anyway, I think it was around 11:30 p.m. I again packed up my bedding and my last remaining choice for a sleep area was the garage. Made my bed on the carpet runner in front of the downstairs door (I'm now on the ground level of my home), using two of the cushions from the lawn chairs, plus some old blankets and my bedding. When I first laid down I thought this is probably going to be too cold and I could still feel some of the symptoms but not full-blown yet. I guess I finally went to sleep but I know off and on I would wake up a little to turn over. Then I would hear P wanting to know what I was doing down there. When I got up I was surprised to see it was about a quarter after 7:00 a.m. Since it's so dark in the garage, I thought it was still night.

Okay. I come up to the kitchen and P has knocked a bracelet, three wrist watches off the counter. Picked those up. Put food down for P, which she still hasn't eaten what I put down before. I think she's mad at me because she couldn't get in my business last night. I wanted her with me but she would have been in to everything in the garage -- All Night Long!

So, anyway. I feel only just a bit okay this morning. Still very tired and before I ate I was feeling a little queasy.

The sun is shining today. It's only 55 degrees out though. I think suppose to be in the 70s, closer to 80.

I'm sitting here at the kitchen table because I'm leary of sitting any other place. The only thing I've turned on this morning is my phone. (And of course, no one has called.)

Got a text with picture from L late yesterday afternoon and she had gotten her hair cut. She's so pretty and I liked her hair. She looked kind of sad though. I think I'll go turn on my computer and check a few things. Not going to stay on long. I'm not going to turn the TV on, maybe this evening or not at all. If I got rid of the internet and Netflix I would save but I sure would miss the internet because of all it's allowed me to learn and the entertainment.

I called the ISP, then connected the old modem but they said the old modem (hard wired) wasn't working and of course they wanted to rent me a modem. Nope, I don't think so. So, I'll leave things like they are for now.

So far today I've been fine, a couple times slight symptoms. I am very tired from yesterday. I went out to spray the weeds in the driveway. While I was out I checked the gas meter on the tenant's side. It looks like nothing has been done to it for a long time. (Doesn't look like mine and still looks the same when I checked it the last time.) The meter just west of my home has been changed to a, what I'll call a Smart Meter. Very curious!

While I'm typing this (no one would be able to read my handwritten notes) my keyboard shocks and burns my fingers and sometimes I'll get shocked on my back on the left side up by my shoulder. And of course my mouse shocks and burns my hand. No marks show on my skin but it sure as hell hurts!

*April 26, 2014, 7:04 a.m.* - I guess I slept okay last night. I think I went to bed between 7:00 and 8:00 p.m. I took a couple Aleve. because my right knee had been hurting. I may have wakened a few times to go to the bathroom and someone is supposed to be here today or Monday to do the gutters. Looks like it's going to be nice today, at least right now it does. Heard from T, text message. I'm glad because I was beginning to worry something may be wrong. I've had breakfast and am having coffee. I have a headache or at least my head hurts.

11:35 a.m. - I feel crappy and I don't know if it's because I'm not getting good sleep or what. My head hurts and if I'm in one place too long some of the symptoms start or increase in intensity. I've felt worse since gas company put in the Smart or Advanced Meter or that's what I'm calling it because it looks like the images I've seen online. It's now my head hurts, pretty bad some times.

I feel I should have been told by the gas company they planned to put in a Smart Meter and I should have been allowed to decline the installation.

11:45 a.m. - Right now, I'm sitting at the kitchen table and the pain in my head has let up a little. Sometimes I almost feel sick to my stomach because of my head hurting.

**Note:** Got book, "Dirty Electricity", a few things I learned from the book or knew before:

- EMF - electromagnetic field (and their related diseases) I don't call them diseases I call them "symptoms" of being exposed to electromagnetic fields and radio frequencies and geoengineering.
- 50- and 60-Hz = extremely low frequency (ELF)
- Part of the electromagnetic spectrum
- G/S meter for measuring electricity at outlets (which I cannot afford to buy right now)
- Plugin capacitive filter - [www.stetzerelectric.com/](http://www.stetzerelectric.com/)

Comments, a couple I have right now:

- I have become hypersensitive to electromagnetic fields and dirty electricity
- I have purchased a Himalayan salt lamp, copper bracelets, many books and a number of other objects that I've read should eliminate or help reduce symptoms of electromagnetic frequencies - I've wasted my money!

*April 27, 2014, 12:16 a.m.* - I fucking can't go any place in my home where I can get away from being SHOCKED. I pulled the mattress off the futon again and pulled it over in the doorway so part of it was in the office and the rest of it was in the hallway. My little tiny hallway! It was some time around 7:00 p.m. I was tired so I went ahead and tried to go to sleep. It was mostly my hands, the shocking, prickly sensation and it just wouldn't stop. (Right now my eyes burn.) I finally went to sleep but was awake again some time after 9:00-9:30 p.m. Been awake ever since. Sitting here at the kitchen table, eyes burning and periodically stinging and shocking sensations. This is fucking bullshit. I have to get the electric company out here and change thermostats and hopefully the gas company back and put back the analog meter on the gas meter. When the gas company changed out the meter on the 22nd or the 23rd of this month is when the shit started getting worse (if it could get worse). I had the office window and kitchen window open all day. The office window is still open.

Before I gave up trying to go back to sleep I started coughing, a lot.

I stopped using the microwave some time the beginning of the month. Also, I've been using a folded up cotton blanket wrapped in an old cotton bath towel as a pillow. All my pillows are synthetic and I think that's a contributor to my sensitivities. My hair has gotten to be such a mess and I started thinking maybe it's the pillow, then maybe the microwave. I started using Organix (brand)

shampoo and conditioner. It was after the pillow change that my (I don't know what I meant to say here), at least to me, started to change. My fingernails were a mess all winter. They're better now but they have ridges and when they grow out a little they chip and break. I try to keep them trimmed back closely. I have little pink spots on my arms and a couple on my legs. They don't itch or hurt, nothing like that. I have one on the back of my left hand that's probably about a quarter of an inch in diameter. I keep putting coconut on it, along with a cotton ball and paper tape.

I firmly believe electricity comes right out of the electrical outlets because sitting and if I put my left leg down (right now I have both legs propped on the other chair) there will be a stinging or more like shocking/burning sensation I feel on the side of my leg facing the outlet.

12:50 a.m. - P just came down for some kitty lovin'.

My symptoms get worse a couple days or so before rain or weather change and since the gas company put in the Smart Meter I have or experience the symptoms even during rain or atmospheric changes.

In the book, "Earthing", Ober writes that some individuals are ultra-sensitive and can be severely affected by electromagnetic frequencies, (page 78). Sometimes I wonder about the grounding in my home.

And some more of my symptoms are itchy nose (terrible sometimes) and sneezing. Right now my nose itches terrible but not as bad as it has at other times. Every once in a while the back of my hand has a burning sensation. Next month I'm getting an Earthing grounding sheet.

It's 1:43 a.m. - I'm still having occasional symptoms. I want to go to bed but I know as long as the symptoms are ongoing it'll just make me agitated if I try to go to sleep.

I have heart palpitations, I think that's what it must be called. Not often but often enough I don't like it. Here lately every once in a while I'll wake up and my heart will be racing. At first I was thinking it must have been something I'd eaten but now I think it's all part of the EMHS.

My right knee, I used to blame the pain on when I was transcribing and lifting my foot up regularly using the foot peddle on the transcribing machine. This was daily for long periods of time. Now I'm not so sure. The knee pain, it's now my knee and up into my hip area.

Suggestion from book, "grounded shoes".  
I hope the groundals work - ordered!

10:36 a.m. - I finally went back and laid down. It took a while but I finally went

to sleep. Ms. Kitty woke me around 4:30 a.m. or thereabout. I'm sitting at the kitchen table, had breakfast earlier, was on the computer but not very long. I tried knitting but started becoming uncomfortable, so I'm back here reading "Earthing". I just figured I've been experiencing some form (symptoms) of EMHS since 1983 or thereabout, around 31 years. It (the EMHS) didn't become a terrible bother until mid 2007 and has progressively gotten worse. I didn't even learn about electromagnetic hyper-sensitivity until this month, April 2014.

This sounds weird but sometimes, like if my hands touch the shocking symptom will occur. Other times it feels like "the shock" enters or touches one part of my body and immediately I feel that sensation in another part of my body. Sometimes I "think" the man-made electricity charges my body and that's why my hands and fingers feel like they do, the tingling, burning, stinging, shocking symptoms. I don't know, sounds crazy but I don't know how else to describe it. Some of the symptoms didn't start until after the electric company put that thermostat in my home. The thermostat can be regulated by the electric company from their location. They can do something with my air-conditioning, like cycling it during high-usage time, something like that. That was what was explained to me when the thermostat was installed. Along with the thermostat the electric company service person also put a device on my furnace. Now I wonder what other little magic they can perform through the thermostat.

Then this month it's gotten worse, the symptoms, after the gas company installed a Smart Meter or an "Advanced Meter" and they did it without any prior warning they were going to do it and without my permission. When I realized someone was at the side of my house the day the meter was installed, I went outside and asked the gas company service person if there was a problem and he said, "No, just regular maintenance." I don't call changing the meters regular maintenance. I called the gas company a few days later and ask that the gas company remove the current meter and replace it with an analog meter. The person at the gas company I had to talk to stated he didn't know what I was talking about, that there was no order for work at my residence.

Through all this learning about EMF, EMHS, RF, MWF, etc., I learned about Smart Meters and Advanced Meters. Wow, have I been a dunce! Those meters have been around a while and I knew nothing about them.

I wonder now if the labyrinthitis I experienced in 1993 or 1994 was because of EMFs. Sometimes I will have diminished hearing, usually in my right ear and usually it comes back but it's not "normal" hearing. I hear sounds differently in each ear. My left ear - when I put my hand up to my left ear and rub my thumb and finger together, I can't hear any sound at all but when I do that at my right ear I hear it clearly.

Right now the only place I'm rather comfortable is here at the kitchen table or unless I go down to the garage or outside. I know I don't go outside enough but there is absolutely no privacy out there and I feel awkward out there by myself

sitting alone on the patio. "Stupid, I know!"

I've only shared what's been happening with me and what I believe it is with R. That only started in earnest this year, maybe the end of last year I shared what was happening to me because I didn't have a clue what it was.

I won't go into this now but the reasons I didn't go/haven't gone to a doctor is many reasons, the main one being I didn't know where to start with what was happening. I felt weird in that I was surely the only person it was happening to.

Additional symptoms - weight gain, bloating, gas, sleep issues, digestion, pains in different parts of my body, the worst being my right knee, allergy symptoms like runny, itchy nose, coughing and a lot of sneezing, burning eyes, some times blurred vision.

I'm extremely sensitive (hyper-sensitivity) to electromagnetic fields.

*April 28, 2014, 6:13 a.m.* - I was up and down all the steps yesterday, probably a total of 10 to 15 times. By the time I got my bed ready, my right knee was killing me. I pulled the futon mattress down to the living room and after positioning it three different places, the 3rd place worked. But at that point I realized the ankle support I had put on, to maybe help my knee problem, had magnets in it. So I took that off. Then the pillow I was using to support my right knee, it had a polyester pillow case -- well, the fucking pillow was, what I call, a petroleum product, so I got rid of that. Then I yanked that damn electric company's thermostat out of the wall, it's a plug-in type thermostat. Earlier I had gone down to the electrical breaker box, I was very ready to shut off the power to the whole place. I couldn't get the main breaker switch to budge. Anyway, after all my preparations I was able to finally go to sleep.

I think because all that went on yesterday, because there were storm warnings all day long, that's why the going up and down the steps so many times. I was preparing, I was wound tighter than a drum! So, today I feel little twitching-like sensations all over my body and I believe it's because I was finally able to get some quasi-quality sleep. So around 5:00 a.m., Miss Kitty came looking for attention and I got up, had breakfast. I'm still a little tired though.

Back to the sleeping. I read something in Earthing, Edie M. defined her sleeping problem *as if all the cells in her body were vibrating*. That's exactly how I've felt trying to sleep or awake, only I thought of it as being wired (highly!). See Earthing, page 148. Edie stated she had her problem for ten years. My problems (my EMS) have been for seven plus years or more and they are escalating. Edie's experience with the computer's mouse sounds like mine except my mouse would actually "burn" the palm of my hand. Keyboard, same thing. Keyboard is wired, mouse is wireless. Edie's statement, "electrical energy coming into me". Wow, I finally feel vindicated by her statement because that's exactly how it has felt to me. I almost think sometimes I can feel the electricity entering at one

point on my body and simultaneously exiting at another point.

I want to purchase two foot pads; one for me and one for P or purchase one for me and buy the pet one for Miss Kitty. I want to purchase the bed sheet and I feel the half sheet will be adequate. I've already ordered and am waiting for the bands. Also, I've ordered and am waiting for my groundals - grounded sandals.

As I stated previously, I only this month learned of "grounding" or "earthing". That's one of the biggest reasons I don't want to give up my computer because of all the things I've learned and am learning.

Other symptoms (mine)

- Confusion (or actually seems I simply stop thinking)
- Get angry and irritated easily
- Aching all over
- Loss of balance (this just started this year)
- Fatigue
- Stress (caused by me not knowing what was happening to me and my body or why it was happening)
- Incessant itching of my nose
- Head hurting, very painful
- These symptoms are in addition to others

I was in an automobile accident in 1968 and was left with a pinched nerve in my back (or so I was told). Anyway, for years my back hurt in the area of the injury. Then it, the hurting, stopped for a long time. Then it would be painful when/or just prior to changes in the weather. So at the onset or during all these symptoms I was/am experiencing I tried to make myself believe that somehow that back injury could be the culprit. Also, when I was probably about three years old, while outside playing and I was barefoot, I stepped in some glass. My parents never took me to the doctor although the cut was very deep. It was believed the glass cut through the tendon in my arch (right foot) and I'm trying to relate that horrible cut to the pain in my right leg. I think a lot about injury to the body or cutting into the body or cutting things out of the body and I really don't think nature intended for things of body to be removed. I've had my tonsils and I guess my adenoids removed, my appendix and my oviducts removed. I don't think nature actually intended for the things to be removed from our bodies, else why are they there in the first place.

I haven't had a good, uninterrupted night's sleep since prior to 1988 or thereabout.

- 4mG or milligauss, most homes measure this amount in alternating (AC) magnetic fields.
- Electromagnetic fields (EMF)
- Radio frequencies (RF)
- Radio frequency radiation (RFR)

This is an observation aside from what I've written so far, but the book I was reading, Dirty Electricity: Electrification and The Diseases of Civilization, by Samuel Milham, MD, MPH, where he talks about government, etc., page (location on Kindle 725 or 47%). I wish I would have purchased a hard copy edition. -- Anyway, US government, military, the energy companies, well, actually only the government. An uncle of mine was a state senator and he said that his last year in office he did absolutely nothing but report for work and left at the end of his workday. He said that if you're not a crook when you go into government "work" you will be when you leave. Me, I firmly believe that and with all my heart I would like to be part of a movement to change the US government for the "good" and "betterment" of "the people".

✱ What is radio frequency radiation? Look it up. (Note to me)

I didn't know when I continued reading the book I mentioned just previously but I had to stop because of EMS. My index finger was hurting/burning badly. There's metal in the pen and that makes the pain worse.

Now that I've turned my Kindle off (that's where my book is) my finger doesn't hurt. But when the pain starts, if I don't remove the object that's causing the EMS or I physically move then I have what I'll call residual pain Like right now both of my hands have a prickly (very annoying) feeling and it seems to take a while for it to dissipate.

It's 4:36 p.m., and what turned out to be a very cool, dark, overcast day. R texted me this a.m., "Call when you can talk". So I called and we talked a long time but that's not unusual. R is off for nine days.

So, I'm waiting for my earthing bands and I'm absolutely sure I will be ordering the earthing bed pad/sheet, a pad for at my computer. I may be poor by some standards but I will spend money for those things. My groundals came Saturday but I didn't get them until today. (It must have been the lazy postal person who delivered my mail Saturday because the regular postal person brings my packages to the door.) The groundals work outside! I was hoping inside but that's okay.

*April 29, 2014, 11:41 a.m. - I'll write about last night later.*

- Today I started taking 4 vitamin D3; 2,000 IU mini gels to see if that helps me feel any different. We'll see.

*Another dark, wet, dreary day.*

12:49 p.m. - I tried going to sleep and this shocking thing is horrible. Ever since the gas company put the Advanced Meter in I probably haven't slept but 2 to 3 hours a night. Right now I'm being shocked everywhere. The prickly feeling is in my legs. I'm so fucking tired I can hardly stand up, my eyes burn and hurt.

When I get shocked in my chest that is so fucking painful - so very fucking painful.

It's raining. I know it rained last night and I don't know if it ever stopped. I have to lay this pen down every few minutes because my hands tingle, have that prickly feeling and a small part of my palm feels like it's burning, the shocking hurts so bad. I'm so tired. I woke up this morning or rather finally got up between or around 5:30 and 6:00 a.m. My night was horrible.

I drug the futon mattress back down to the living room last night - didn't do any good, I just could not go to sleep because the invasion of the EMFs. Right now I really don't care to keep living. Along with all the pain and being so tired and no one seeming to care about me, I just don't care.

Last night I even came out to the kitchen table, had a blanket to wrap up in, towels and a blanket to lay . . . me held on. (Not sure what I was trying to say here.) I had already gotten dressed again. Well, all that didn't work. I finally went back, laid down on the futon mattress, rolled up in a ball, even left my moccasins on and I guess sort of slept. Some time Miss Kitty came and laid beside me.

Sometimes I wonder if the microchip in her does something or interacts with the EMFs and that has an adverse affect on me. (That's probably way out there!) I took 2 allergy tabs about an hour ago and aside from my nose stopped dripping I still feel very bad.

I can hardly wait for those bands to come. I just hold out for the hope that they will work.

I took 8,000 IU of vitamin D3 about an hour ago. I don't know if that's too much but I thought I'd read somewhere that a 10,000 dose would be helpful. I know with a certainty that the EMHS has gotten 100% worse since that (expletive) Advanced Meter was put in.

And the very, very, very loud humming on the right side of my head -- it's making me crazy.

So, from around 1:00 p.m. until about ten minutes ago (now 3:54 p.m.) something was going on in here and whatever it was it made me feel horrible, really, really horrible.

I'm going to start in earnest to move from here and so far the only place I know about where there won't be all this Smart, Advanced Meter business and electromagnetic frequencies and radio frequencies is Green Bank, West Virginia.

I just learned that if you refuse to let them install one of those Smart Meters then you have to pay a fee to have your meter read. Or if a Smart or Advanced

Meter has been installed and you ask for the, whatever it is, to be turned off, you have to pay for that, in addition you have to pay the meter reading fee every month.

Supposedly my electric usage/cost was supposed to go down when they installed the thermostat that monitored my electric usage and supposedly lower or cycled the air-conditioning. Well, my electric costs "did no" go down.

The EMFs - it's not just the ones coming from my electric meter and now the gas meter, it's everyone around me, plus computer, wifis, etc. That's why my symptoms of EMHS are always on.

*April 29, 2014 - 6:17 p.m.* - About 5 to 6 minutes ago, maybe 10, I went down and turned off all the breakers. I can't turn off the main breaker, the switch won't move. 7:00 p.m. - didn't do any good to turn off breakers. And the roaring, pounding in my head is worse. 9:00 p.m. - I tried sleeping in my bed - didn't work, still being shocked. Went down to the futon in the kitchen - nope, moved to living room, nope. Back in my bed and I'm still having symptoms. 11:30 p.m. - Still being shocked. It's cold in here. Miss Kitty sleeping with me. Unusual!

*April 30, 2014* - Earthing order came today.

8:40 p.m. - I'm in my bed with both wrist bands on. During the day I was somewhat comfortable. After being in my bed even with the wrist bands on, I was still having the shocking feeling mostly in my hands. I got up and got in the recliner. I was finally about to go to sleep. Didn't write down time. I woke up one time during the night and it was either around 11:30 p.m. or thereabout or 1:30 a.m. I was able to go back to sleep but it took a while. It was around 7:30 a.m. when I woke up.